

## CLAIMS

1. A sunshade guide mechanism, comprising:  
  
at least one guide rail having a brake face; and  
  
a sliding carriage shiftable in the guide rail, the sliding carriage having  
  
a body that shifts in the guide rail,  
  
a brake member connected to the body and that cooperates with the brake face to lock the sliding carriage in the guide rail,  
  
at least one spring having a biasing force that acts upon the sliding carriage to press the brake member against the brake face, and  
  
at least one tilt edge spaced away from the brake member, wherein the sliding carriage can be swiveled about the tilt edge against the biasing force of the spring to release the brake member from the brake face.
2. The guide mechanism as claimed in claim 1, wherein the sliding carriage is symmetrical in relation to a transverse plane extending through the brake member.
3. The unit as claimed in claim 2, further comprising a spring arm on the sliding carriage on either side of the transverse plane.
4. The unit as claimed in claim 1, wherein the tilt edge and a portion of the spring arm contacting the guide rail are each made of a material having a low coefficient of friction.
5. The unit as claimed in claim 4, wherein the spring arm is a leaf spring having at least one free end, and wherein the guide mechanism further comprises a support cap disposed on said at least one free end, wherein the support cap has a low coefficient of friction.

6. The guide mechanism according to claim 1, wherein said at least one tilt edge comprises a first tilt edge at a first end of the sliding carriage and a second tilt edge at a second end of the sliding carriage.

7. The guide mechanism as claimed in claim 1, wherein the entire body of the sliding carriage is made of a material having a low coefficient of friction.

8. The guide mechanism as claimed in claim 1, wherein the brake member is made of a material having a high coefficient of friction.

9. The guide mechanism as claimed in claim 1, wherein the brake face comprises two side faces of a groove in said at least one guide rail, wherein the two side faces are disposed obliquely opposite each other.

10. The guide mechanism as claimed in claim 1, wherein the brake member comprises a pair of braking cushions arranged on opposite sides of the sliding carriage.

11. The guide mechanism as claimed in claim 1, wherein said at least one guide rail comprises two guide rails disposed opposite each other, and wherein the guide mechanism further comprises a second sliding carriage, each sliding carriage disposed in one of said two guide rails.

12. The guide mechanism as claimed in claim 11, further comprising a crosspiece connecting the two sliding carriages.

13. The guide mechanism as claimed in claim 12, further comprising a handle attached to the crosspiece.

14. A sunshade guide mechanism, comprising:

two guide rails disposed opposite each other, each guide rail having a brake face;

two sliding carriages, each carriage disposed in one of said two guide rails, each sliding carriage having

a body that shifts in the guide rail,

a brake member connected to the body and that cooperates with the brake face to lock the sliding carriage in the guide rail, wherein the sliding carriage is symmetrical in relation to a transverse plane extending through the brake member, wherein the brake member is made of a material having a high coefficient of friction,

at least one spring having a biasing force that acts upon the sliding carriage to press the brake member against the brake face, and

a first tilt edge at a first end of the sliding carriage and a second tilt edge at a second end of the sliding carriage, the first and second tilt edges being spaced away from the brake member,

wherein the sliding carriage can be swiveled about the first and second tilt edges against the biasing force of the spring to release the brake member from the brake face, wherein the tilt edge and a portion of the spring arm contacting the guide rail are each made of a material having a low coefficient of friction; and

a crosspiece connecting the two sliding carriages.

15. The sunshade guide mechanism as claimed in claim 14, further comprising a spring arm on the sliding carriage on either side of the transverse plane.

16. The sunshade guide mechanism as claimed in claim 14, wherein the spring arm is a leaf spring having at least one free end, and wherein the guide mechanism further comprises a support cap disposed on said at least one free end, wherein the support cap has a low coefficient of friction.

17. The guide mechanism as claimed in claim 14, wherein the entire body of the sliding carriage is made of a material having a low coefficient of friction.

18. The guide mechanism as claimed in claim 14, wherein the brake face comprises two side faces of a groove in each of the guide rails, wherein the two side faces are disposed obliquely opposite each other.

19. The guide mechanism as claimed in claim 14, wherein the brake member comprises a pair of braking cushions arranged on opposite sides of the sliding carriage.

20. The guide mechanism as claimed in claim 14, further comprising a handle attached to the crosspiece.